Why take a Daily Vitamin/Supplement?

Vitamins and minerals are the building blocks of health. Our body produces no minerals and the soil has been depleted of precious minerals from improper crop rotation, over pesticide use and damaging UV rays from the holes in the ozone layer.

Why do people take vitamins and still not feel better?
In most cases, less than 10% of the vitamins and minerals are absorbed into the cells.

Why take Melaleuca’s Vitamin/Mineral supplements?
Melaleuca owns the patent on the most efficient vitamin/mineral absorption process science has discovered to date. The process is called “Oligofructose Complex” which keeps the minerals soluble in the intestine—where nutrient absorption takes place and protects the potency of vitamins by guarding the minerals, reducing their ability to generate excess free radicals, guaranteeing absorption of nutrients into each cell.

What is the Melaleuca’s Guarantee?
It’s called the “90 Day Challenge”. Take the Vitamin/mineral supplement complex as directed for 90 days. If you don’t honestly feel increased energy and endurance, less headaches, less craving of carbohydrates and sugar, and an over-all feeling of good health, then Melaleuca will refund 100% of the purchase cost for the 3 months.

Vitality Pack® – Consists of both the Vitality™ for Women/Men and the Vitality Mineral Complex™. The Vitality (available with iron for women and without iron for men) contains 55 vitamins, minerals and other important nutrients. The Vitality Mineral Complex contains 1000mg blend of calcium plus magnesium, phosphorous and Vitamin D. This helps reduce the risk of osteoporosis and bone demineralization.

Koala Pals Children’s Multivitamin – First and only children’s supplements to include Oligofructose Complex to guarantee good solubility and absorption. All natural, no artificial colors, flavors, sweeteners, preservatives. Cherry flavor sweetened with real fruit juices – no sugar or artificial sweeteners.

Cell-Wise® - Contains key antioxidants that protect cells and tissues at the cellular level from free radical damage (toxins), and help sustain immune functions and increase resistance to illness. Should be taken twice a day, and can also be taken at bedtime.

ProVex-Plus® - This product contains grape seed, grape skin and citrus Flavonoids which are powerful antioxidants that provide super charged free radical protection plus enhanced mental sharpness. ProVex-Plus helps with the strengthening of connecting tissue and fortifying the capillary wall structures. This is both an anti-histamine and anti-inflammatory. This product is recommended for people who suffer from ADD, ADHD, Asthma, Diabetes, Fibromyalgia, MS, Migraines, Tinnitus, and poor circulation. Great for treating and preventing wrinkles and cellulite.

ProvexCV® - This product contains grape seed, grape skin, resveratrol, green tea extract, Ginkgo Biloba, Bilberry, Quercetin and a patent-protected enzyme blend including Bromelain. This product is recommended for anyone with a family history of heart disease, stroke, high blood pressure and high cholesterol, as it is designed as a preventative to heart disease (the #1 killer of both men and women). ProvexCV reduces LDL (Low-Density Lipoprotein) cholesterol oxidation build up on the arterial walls. It inhibits blood platelet activity (blood clots) and works in the presence of adrenalin (unlike Aspirin).

Florify™ – Florify helps restore stability with two (2) probiotics (lactobacilli and bifidobacterium) in one capsule. Florify is designed to help balance your digestive system, detoxify and remove microbial waste and improve nutrient absorption. It provides the effective dose of five (5) billion flora cultures in each dose,
which is five (5) times more than the competition. Specially formulated to withstand stomach acid, Florify also includes FOS, a prebiotic, that supplies nourishment for flora to ensure proper function in the intestine. The secret of being healthy and staying healthy is maintaining an efficient digestive tract. Poor internal flora is indicated in many illnesses such as high cholesterol, IBS (irritable bowel syndrome), Candida albicans, skin problems including eczema, reduced immunity, shortened life span, infections and food poisoning. Most importantly, research now suggests that a good intestinal flora can reduce nitrosamines, which are implicated in causing several types of cancer.

**Phytomega™** – It combines plant-based phytosterols (which mimic the cholesterol molecule) with Omega-3 fatty acids (polyunsaturated fat – good fat), standardized PA and DHA, and other proprietary ingredients to reduce your total cholesterol levels, promote healthy triglyceride levels and boost the overall health of your cardiovascular system. Because of the phytosterol’s ability to interfere with both dietary cholesterol and cholesterol produced by your body, the phytosterols in Phytomega lower total cholesterol levels, especially LDL (Low-Density Lipoprotein) bad cholesterol levels. By lowering these levels, Phytomega helps to reduce the risk for heart disease. Contains 1000 mg fish oils which includes 220 mg DHA, 330 mg EPA, 1000 mg Phytosterols, Coenzyme Q10, Alpha Lipoic Acid, Lecithin, Bromelain.

**Note:** Most people’s first indication of heart disease is a fatal heart attack. With the combining of the Vitality 4, Phytomega and ProVexCV you have the best of Science & Nature in the prevention of heart attacks and strokes. The Vitality 4 replaces the missing nutrients and vitamins, while the Phytomega takes care of the total cholesterol and triglyceride levels and the ProVexCV handles the free radical damage, LDL cholesterol oxidation and healthy platelet activity. Save 33% by ordering all three in Vitality 6 pak.

**Other Nutritional supplements and why you should take them.**

**Vitality Coldwater Omega-3** – Sourced from coldwater fish (all purified and tested for mercury and PCB’s), Vitality Coldwater Omega-3 includes the ideal balance of DHA and EPA at the right dose (2:1) - 660 mg DHA and 270 mg EPA for 930 mg total. Our bodies can’t produce Omega 3’s on its own so we need to supplement for cognitive (brain function), eye and cardiovascular health.

**Estraval®** – Made with natural plant estrogens (phytoestrogens) such as soy, black cohosh, dong quai that help to maintain the natural level of estrogen in the female body without the harmful risks of hormones.

**ProstAvan®** – Made with saw palmetto berry, pumpkin seed, zinc, lycopene which help promote prostate health and normal urinary functions in men.

**NutraView®** – Made with 10mg of Lutein, Blueberry, Bilberry, Vitamin C. Studies have shown that taking a Vitamin C supplement can lower the risk of cataracts. Vitamin C also helps to maintain the ability to see clearly, focus close-up and prevent macular degeneration. Bilberry and Blueberry have been reputed to improve night vision.

**Luminex®** – Made with Folic Acid, Vitamin B12, St. John’s Wort and Griffonia Seed. Numerous studies have confirmed the effectiveness of Griffonia Seed (5-HTP) in dealing with depression, anxiety and insomnia, even enhancing sleep quality. Luminex aids in the support of emotional health and positive mood, helping you deal with daily stresses without uncomfortable side effects.

**Note:** People taking prescriptions for heart transplants, AIDS and birth control should consult with their Doctor before taking Luminex.

**Activate®** – Made from Echinacea, Astragalus, Arabinogalactan, Vitamin C,E, Folic Acid (these three (3) vitamins have been found to positively affect the immune system and to enhance white blood cell response)
and Zinc and Selenium (these two (2) minerals are crucial to the development of white blood cells). *Activate* provides a natural boost to your immune system while increasing the body's resistance to illness. Also comes in a delicious drink.

**Replenex** — Contains 1500 mg of high potency glucosamine HCL of the purest, most potent absorbable form available with no additional sodium, as well as bromelain (enzyme extracted from the pineapple plant), ginger, and green tea extracts which is rich in bioflavonoids. These three (3) natural ingredients help prevent free radical damage, boost the glucosamine absorption, and promote healthy joint function. *Replenex* provides strength and elasticity to the joints and enhances cartilage production and improved flexibility. Also comes in a delicious drink.

**Replenex Extra Strength** – 1500 mg Glucosamine HCL, 250 mg Chondrotin Sulfate, 500 mg MSM, proprietary blend of Devil’s Claw Root, Ginger Root, chokeberry fruit powder, Angelica Giga root, Turmeric root extract, Green Tea Leaf extract and enzyme blend of Bromelain & Papain to reduce inflammation. Recommended for anyone with moderate to strenuous activity levels, over 50 yrs., overweight or with joint damage.

**Unforgettables** – support memory, concentration and recall with proprietary blend of phosphatidylserine(PS), natural DHA and EPA omega-3s, blueberries and ginkgo biloba. Scientific research suggests that PS may reduce the risk of dementia, cognitive dysfunction and memory loss.

**FiberWise**® **Drink** — is a special blend of 12 soluble and insoluble fiber including 3.4g of psyllium husk that aids in keeping your digestive tract healthy, regular, and eliminates toxins and lowers your cholesterol. In addition, *FiberWise* includes nutrients that give further digestive comfort. (a) Aloe which acts as a mild laxative for stubborn constipation; (b) Ginger which soothes the stomach and reduces intestinal pain; (c) Peppermint which has been used in the treatment of irritable bowel syndrome (IBS), helps in reducing fermentation of undigested food; (d) Licorice acts as an anti-inflammatory to help with digestive inflammation and for (IBS), gastritis and ulcers and (e) a proprietary blend of extracts, Vitamins A, C and E.

**FiberWise**® **Bar** — is a special blend of 5g soluble and insoluble fiber including 3.2g of psyllium husk that aids in keeping your digestive tract healthy, regular, and eliminates toxins and lowers your cholesterol. In addition, *FiberWise* includes nutrients that give further digestive comfort. (a) Aloe which acts as a mild laxative for stubborn constipation; (b) Ginger which soothes the stomach and reduces intestinal pain; (c) Peppermint which has been used in the treatment of irritable bowel syndrome (IBS), helps in reducing fermentation of undigested food; (d) Licorice acts as an anti-inflammatory to help with digestive inflammation and for (IBS), gastritis and ulcers and (e) a proprietary blend of extracts, Vitamins A, C and E. The *FiberWise* bars come in a granola bars or soft bar also in a variety of flavors.

**Attain™ Meal Replacement Shake** with Crave Blocker – by replacing one or two meals a day with an Attain shake you’ll cut calories – without giving up nutrition or taste. Attain is made with 23 Vitamins and minerals including 7g of heart-healthy soy protein. The *Attain Meal Replacement Shake* comes in the a variety of flavors.

**Attain™ Meal Replacement Bars** – by replacing one or two meals a day with an Attain Bar you’ll cut calories – without giving up nutrition or taste. Attain is made with 23 Vitamins and minerals including 7g of heart-healthy soy protein. The *Attain Meal Replacement Bar* comes in a variety of flavors.
**Access® Fat Conversion Activity Bar** – The Access Bar is the only performance bar that allows you to burn more fat. It is exclusive to Melaleuca and has been granted 6 patents. Its unique formula helps you to burn stored fat, boost energy levels, minimize fatigue, reduce lactic acid build-up and increase muscle fiber repair for a more effective workout and leaner body. With the added power of natural clinically proven ingredient CLA (safflower), it will help prevent weight regain & reduce body fat up to 10%. You do not have to be an elite athlete to benefit from the **Access Fat Conversion Activity Bar**. Whether you are taking the dog for a walk, hiking, jogging, skiing or mowing the lawn, the **Access Fat Conversion Activity Bar** will help keep you going. It comes in a variety of flavours.

**ProFlex™20 Shake** – Each shake contains 20g of a diversity of proteins (whey, casein, egg albumin and soy), 3 antioxidants, 2 enzymes and 5g of fiber. Protein helps to lower appetite cravings, lowers cholesterol, enhances bone strength and energy levels, increases strength and endurance and increases blood levels of glutathione – an antioxidant essential to a healthy immune system. Each **ProFlex20 Shake** feeds, restores, and maintains every muscle in your body as well as gives you more energy, helps you manage your weight, and gives you a head start on reducing your risks for more serious diseases. **ProFlex20 Shake** comes in a variety of flavors.

**Sustain® Sport Drink** – is the only sport drink with 4 electrolytes to help you rehydrate, rebound, and recover. **Sustain Sport Drink** contains only 30 calories per drink. It comes in a variety of flavors. **Sustain Sport Drink** is also available in individual serving packets.

**Melaleuca Herbal Tea** – contains all-natural ingredients like Melaleuca alternafolia leaf, Ginseng, Licorice, Chamomile, Ginger, Passion Flower and Hops, making our herbal teas caffeine-free. They come in Melaleuca Herbal Flavour and Variety Pack that includes, Herbal Evening, Ginseng, Apple Berry, and Tangy Lemon.

**Attain GC Control** – is a delicious shake clinically show to support and balance blood sugar levels and promote healthy insulin response. It has shown to provide more energy, less fatigue and reduced appetite. Has exclusive technology powered by Oligo and a proprietary blend of specially formulated ingredients.

**SplasH20** – a sugar-free, zero calorie drink mix (add to water). A healthy alternative to high calorie, high sugar drinks like soda and juice (replaces crystal lite). Comes in a variety of flavors.